

CALGARY metro®



First Ebola case diagnosed in the U.S.

Health officials say patient who had travelled from Liberia is now being treated in Dallas

PAGE 8

'My heart does not tell me she's gone'

Mother of missing Calgary woman has hope her daughter will be found alive

PAGE 3

New Viagra ad targets females

Maker of the erectile dysfunction drug will air TV commercials that focus on the less-obvious sufferers of the sexual condition: women

PAGE 10

BRIGHTEN UP YOUR TACO NIGHT

ADD AN ARRAY OF COLOURFUL INGREDIENTS TO YOUR TACOS FOR A VERY MEMORABLE PRESENTATION

PAGE 20



PRE-SEASON ACTION

Colorado Avalanche's Borna Rendulic looks for a rebound from Flames goalie Jonas Hiller, during the game in Calgary on Tuesday. The Flames have two more pre-season games before the regular season begins. JEFF MCINTOSH/THE CANADIAN PRESS

Young soccer players hampered by lack of facilities, official says

Sport Calgary report. Venue shortage feared behind 'decline' in youth registrations

Soccer competitors and coaches alike say facility targets have continued to miss the mark and some fear that's behind a "general decline" reported among the youth ranks of what is Calgary's most popular organized sport.

As part of a report on facility demand, Sport Calgary combined figures provided by associations and individual clubs as well as polling of families to produce an estimated range of registered competitors for each activity.

In 2008, the last time such a survey was conducted, the city was reported to have fewer than 50,000 active soccer competitors. That number has since grown to between

60,000-64,999 in 2013, but the survey found a "general decline" among numbers of youth athletes.

Members of the city's soccer community have long lamented a lack of adequate facilities and Daryl Leinweber, executive director for the Calgary Minor Soccer Association, told Metro it would take 60 board-less indoor fields to put the sport's infrastructure on par with the city's second most popular pastime, hockey, which Sport Calgary says has up to 59,999 athletes and is seeing growth among both female registrants and adults as a whole.

Currently, Leinweber said, there are nine boarded soccer fields to run games on in the city, a number that will grow to 13 with the opening of a new annex-style structure at the Calgary Soccer Centre. The city said this week it's planning an Oct. 18 opening celebration for the facility, which aims to replace a

bubble dome that collapsed in November 2010.

Still, Leinweber indicated the replacement site won't be enough.

"We're playing with a felt ball in a small gymnasium trying to teach a game that's for outdoors," he said. "We've adapted within soccer ... we've shrunk our game schedules, we used to play 20 games in a season, we now play 14 to 16, and that's because of a lack of facilities."

But Tim Bjornson with Sport Calgary said he believes the decline comes down to choice, not a lack of facilities. According to his organization's report, a number of non-traditional sports have seen upswings, including ball hockey, ultimate frisbee and dodgeball. Bjornson noted too that both softball and baseball had seen "dips" in registrants, but numbers in those sports have since come back up in recent years.

JEREMY NOLAIS/METRO

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FIVE THINGS YOU NEED TO KNOW TODAY

1

HOMEBREW BABY DEATH

A woman in northern Alberta was sentenced to 90 days in jail after her baby fell into a batch of homebrew and drowned. Viola Ribbonleg pleaded guilty to criminal negligence causing death for failing to provide adequate care.

2

REMEMBER THE TEA PARTY?

No, not the political movement ... the band! They're playing Dec. 5 at Flames Central. Tickets go on sale for the concert Oct. 3. You can get the tickets through livenation.com, or ticketmaster.ca.

3

CALI BAG BAN

Planning a shopping trip to the Golden State? Bring a reusable bag. California has become the first U.S. state to ban single-use plastic bags. The bill preserves more than 100 local plastic bag bans.

4

LIGHT THE WAY

The torch relay route for the Toronto 2015 Pan Am Games is set to be revealed today with the help of retired astronaut Chris Hadfield and Olympic medallists Simon Whitfield and Catriona Le May Doan.

5

KUNG-FU PARITY

Online streaming firm Netflix has reached an agreement with The Weinstein Company to make the new Crouching Tiger: Hidden Dragon available online as it debuts at IMAX cinemas.

Illinois 'Jane Doe' fuels hope in case of missing Calgary woman

Human trafficking.

Regardless of outcome, Jessie Foster's mother plans to continue advocacy work



JEREMY NOLAIS
jeremy.nola@metronews.ca

Over the past eight years, Glendene Grant has looked at countless pictures and chased hundreds, if not thousands, of leads in hopes of learning the whereabouts of her Calgary-born daughter, Jessie Foster.

But it's a series of reconstruction images released by Illinois police last week that has piqued her interest.

"This is the closest I've ever seen of any picture or reconstruction of a 'Jane Doe'," she said. "My heart does not tell me she's gone ... There's some things both ways that have me thinking really hard."

Foster was 21 when she went missing in early 2006, after Grant believes she was lured to Las Vegas by a pimp.



These three-dimensional reconstruction images were made public by Illinois State Police in hopes of generating tips about the body of a "Jane Doe" found in October 2013. Family and friends of missing Calgary-born woman Jessie Foster, seen at right, believe the body could be hers. LEFT: COURTESY ILLINOIS STATE POLICE; RIGHT: METRO FILE

There was little indication that something was amiss at first, as Foster would often call — and even visit — her parents back up north, describing a glamorous life in Sin City. It was later revealed that Foster had been arrested for solicitation and that her apparent spouse was a pimp.

In March 2006, Foster was supposed to visit her mother in Kamloops, B.C., but she never arrived.

Last week, Illinois State Police released the 3D images

that got Grant — and dozens of others still hoping Foster will return home — talking. The images are of a body found on Interstate 70 at the Casey exit on Oct. 18, 2013.

But police Master Sgt. Ryan Shoemaker told Metro Tuesday the likelihood of it being Foster's body has diminished after it was learned their DNA samples, both of which had been entered into a national database, didn't match.

"The descriptors (between Foster and the 'Jane Doe')

aren't quite the same," he added. "We're still looking into it."

Grant agreed that the yet-to-be-identified female is estimated to have been a bit shorter than her daughter and that she lacked her "absolutely perfect teeth," but said she anxiously awaits a definitive ruling.

Since her daughter's disappearance, Grant has devoted her life to raising awareness about the perils of human trafficking and aiding

families of other potential victims. Recently, she journeyed to Ottawa to address national lawmakers on potential changes to prostitution laws.

Regardless of whether "Jane Doe" proves to be Jessie Foster, Grant pledged that her advocacy work won't stop.

"I would work even harder at what I've done as far as raising awareness and helping other families," she said. "This has become something so much bigger than Jessie and me."

1 NEWS

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500 homes made Attainable

Non-profit ownership organization. First home sold in February 2011, 500th sold on Tuesday



ROBSON FLETCHER
robson.fletcher@metronews.ca

Attainable Homes Calgary sold its 500th unit Tuesday, marking a milestone for the still relatively young organization that aims to make home ownership possible for middle-income earners in the city's high-demand market.

"The term we use is 'moderately-income Calgarians,'" said president and CEO David Watson. "These are people with real jobs."

For many such Calgarians, however, the costs of a down payment and carrying a mortgage puts home ownership just out of reach.

The average sale price for a home in September stood at \$487,700, according to the Calgary Real Estate Board.

Amanda Gardippe, 27, thought purchasing a home would be impossible for her family, but recently looked into Attainable Homes and quickly opted to buy.

"It's just so much cheaper than rent, and it's ours, which is a bonus," the mother of three said Tuesday.

She, her husband, and their three children are now planning to move into their new home in Skyview Ranch



A rendering of 51 Oak, a Truman Homes project in Mahogany, where Attainable Homes units will be available. CONTRIBUTED

in late October.

Attainable Homes is a wholly-owned subsidiary of the City of Calgary that works with local homebuilders to provide slightly below-market prices on particular units.

Watson said the process helps with pre-sales on new projects and selling the final few units in finished projects, but homebuilders are under no obligation to participate and many simply do

it as a way of "giving something back to the community."

This discounted price counts as a gifted down payment; qualifying Calgarians need to put down only a \$2,000 deposit to purchase a home.

The buyer's share of any appreciation in the market value of the home increases with time but maxes out at 75 per cent.

When they sell, the other

25 per cent goes back into Attainable Homes to buy more properties and keep the process going.

Watson expects about 20 properties will be sold this year but said the real test will come in the future.

"We're not going to know whether this really works extremely well until we get about 200 a year coming back," he said.

Attainable Homes sold its first unit in February 2011.

Salary disclosure

'Sunshine list' may not see the light

Calgary's proposed version of a "sunshine list" was thrust into political limbo Tuesday as members of city council reached a stalemate over whether the move would be a worthwhile step toward greater government transparency or a hypocritical waste of time and money.

That question will now fall to a full meeting of city council next week, after the city's priorities and finance committee couldn't decide on a course of action for the proposed list, which wouldn't disclose actual salaries, but rather salary ranges of city employees.

Exempt from that list would be members of the Calgary Police Service, employees of Calgary Public Library, and staff at civic partners such as the zoo and convention centre.

The proposal is a modified version of an idea initially raised by Coun. Diane Colley-Urquhart earlier this year, in the wake of the Alberta government's move to publish six-figure salaries of its staff online, similar to existing practices in Ontario, B.C., Manitoba, and Saskatchewan.

Colley-Urquhart said the proposed salary-range disclosure offers a "good balance" between transparency for the public and privacy for city staff, but other councillors had numerous concerns over the cost and value of such a list.

ROBSON FLETCHER/METRO

Eligibility requirements

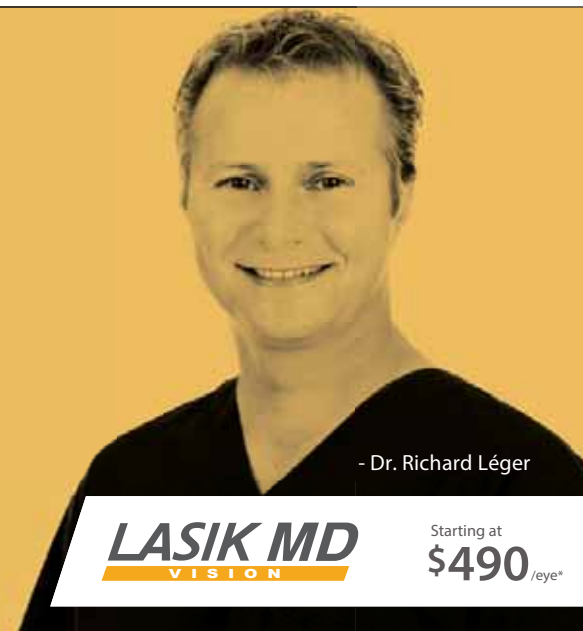
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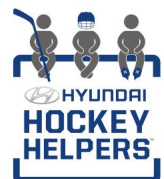
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Progress. Minister vows to press the province on 'starter school' funding

Alberta's top education boss said he plans to hold the government's "feet to the fire" to build schools already planned for crammed communities and could appeal for additional funds for starter facilities in next year's provincial budget — or earlier.

"If I had it my way, it would be sooner," Gordon Dirks said Tuesday of potential funds for modular-based "starter schools."

Last week, he and Premier Jim Prentice announced four such facilities for the Calgary Board of Education in West Springs, Saddle Ridge, Cranston and Aspen Woods.

Dirks said "urban environment" school boards appear to be prime candidates for further starter-school investments, noting the CBE dipped into reserve funds to build similar facilities in the past during his time as trustee chair.

"I just need to meet with my officials and understand exactly what the details would be of their recommendations

Picking up the pace

Alberta Education Minister Gordon Dirks said he's also asked officials to determine whether permits for out-standing modulars, expected to be put in place at Calgary and Edmonton sites weeks ago, could be expedited.

and then see whether or not I would agree," he said.

The minister took issue with opposition-party criticism that the modular schools wouldn't be up to snuff for the students they house — in particular a comment from Liberal critic Kent Hehr, who described them as "lipstick on a pig."

"He has no idea," Dirks said, later adding, "There's this mythology that these are somehow temporary schools, that they're ATCO trailers — these are wonderful learning environments."

JEREMY NOLAIS/METRO

Calgarian pitching in to help clear storm debris



Downed trees covered much of Calgary's West Hillhurst neighbourhood after a summer snowstorm pushed through and pummeled branches.

CANDICE WARD/FOR METRO

Snowtember fallout.

City official expects final tree-clearing to be done by mid-November

HELEN
PIKE

calgary@metronews.ca

When the summer snowstorm happened, Calgarians in need of help clearing trees from their property were encouraged to call 311. A quick Kijiji search brings up dozens of ads posted daily for paid tree-removal service.

Backlog

10%

Nico Bernard of City Parks estimates that, out of the original batch of calls, 10 per cent of people who requested city support are still waiting.

But helpful neighbours such as John Prim have also pitched in.

"I went out and just talked to people who I knew," he said.

"I did knock on a few doors. There's one lady who had a big giant branch come down, and I went and chopped hers up and then helped a couple of other people with cleanup. Nothing too major."

Prim is an electrician by trade but "likes trees" — a funny thing to say when he often helps cut them down for friends and family. He saw the downed branches in his own neighbourhood and thought he could help.

Nico Bernard, manager of City Parks, says the city expects to finish tree-clearing efforts in mid-November.

He estimates that, out of the original batch of calls, 10 per cent of people who requested city support are still waiting.

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Winnipeg. Calls made for independent probe of how cops handled missing teen

The Assembly of First Nations is calling for an independent review of how police handled the disappearance of a teen whose body was eventually pulled from the Red River wrapped in a bag.

Police in Winnipeg are conducting an internal investigation after discovering two officers came across Tina Fontaine during a traffic stop in August — a week after she had been reported missing — but did not take her into custody.

The 15-year-old was last seen the following day. Fontaine's body was found more than a week later.

Police say the two officers have been put on administrative duties while the investigation is ongoing. But Cameron Alexis, Alberta regional chief with the Assembly of First Nations, says an internal review isn't enough and the province should bring in independent investigators.

"It is unfathomable that police officers would not take into their care a teenage girl who is reported missing," Alexis said Tuesday. "It appears to be a systemic failure from top to bottom.... This is an example of what's going on across the country." **THE CANADIAN PRESS**

ISIS

Baird calls fight against terrorism 'the great struggle'

As the federal cabinet considers sending fighter jets to Iraq, Foreign Affairs Minister John Baird suggests Canada and other countries could be in for a long mission.

Baird predicts that battling extremists in Iraq and elsewhere will take time and says Canada is in uncharted territory when it comes to directly engaging terrorist elements.

"Terrorism, radical extremism, this is the great struggle of our generation," Baird said. **THE CANADIAN PRESS**

Animal rights

Tories say no to RCMP's move to shed its fur hats

The Conservative government says it is overturning an RCMP decision to doff their muskrat hats in favour of animal-friendly tuques.

Environment Minister Leona Aglukkaq told the House of Commons that the public safety minister is directing the Mounties to reverse the move.

The RCMP recently wrote to an animal-rights group to say it had found a tuque that works in very cold weather and would begin buying that for officers. **THE CANADIAN PRESS**

Magnotta jurors shown photos, bizarre notes

Jun Lin murder trial.

PM Stephen Harper and his wife Laureen named by accused in exhibits seen in court

A bizarre note naming Prime Minister Stephen Harper and his wife Laureen was part of the evidence viewed by jurors at Luka Rocco Magnotta's first-degree murder trial Tuesday.

The jury took a closer look at photos showing the contents of four parcels that were mailed to political offices in Ottawa and schools in Vancouver.

One of them contained a neatly written note on pink paper that included an obscenity and read: "Stephen Harper and Lauren Teskey will know who this is. They f—ked up big time." Teskey is Harper's maiden name.

Magnotta, 32, faces a first-degree murder charge in the May 2012 slaying and dismemberment of Chinese student Jun Lin. He is also charged with criminally harassing Harper and other members of Parliament, mailing obscene and indecent material, committing an indignity to a body and publishing obscene material.

Magnotta pleaded not



In this artist's sketch, Luka Rocco Magnotta, left, watches proceedings on the opening day of his first-degree murder trial in Montreal on Monday. **MIKE MCLAUGHLIN/THE CANADIAN PRESS**

The apartment

Another officer's photographs took jurors inside the Montreal apartment where Lin's slaying is alleged to have occurred.

- It was largely empty of contents, but there were red stains and marks, in particular in the refrigerator

and on a mattress.

- Forensic biologists will testify next week as to what those marks were.
- "It smelled a bit rotten," Chantal Turmel testified, referring to the apartment.

guilty on Monday to all five charges. He has admitted to the crimes, but his lawyer has indicated he will mount

a defence of mental disorder.

On Tuesday, the jurors were able to view photos taken in 2012 by three Mont-

real police crime-scene technicians. One officer's photos showed the parcels that were mailed to Ottawa and Vancouver.

One box had a heart drawn in black marker at the bottom, while another contained dark stains. Among the items recovered from the boxes were pink tissue paper, gift bags and four handwritten notes, including at least one bearing the name of "Lauren Teskey," clearly referring to the prime minister's wife.

THE CANADIAN PRESS

First U.S. diagnosis of Ebola confirmed in Texas

A patient at a Dallas hospital has tested positive for Ebola, the first case of the disease to be diagnosed in the United States, federal health officials announced Tuesday.

The patient was in isolation at Texas Health Presbyterian Hospital, which had announced a day earlier that the person's symptoms and recent travel indicated a possible case of Ebola, the virus that has killed more than 3,000 people across West Africa and infected a handful of Americans who have travelled to that region.

The person, an adult who was not publicly identified, developed symptoms days after returning to Texas from Liberia and showed no symptoms on

the plane, according to the Centers for Disease Control and Prevention.

CDC Director Dr. Tom Frieden said the patient came to the U.S. to visit family and has been hospitalized since the weekend.

State health officials said no other cases are suspected in Texas.

Specimens from the patient were tested by a state lab and confirmed by a separate test by the Centers for Disease Control, said Carrie Williams, spokeswoman for the Texas Department of State Health Services.

Zachary Thompson, director of Dallas County Health and Human Services, said health officials in Texas are

well equipped to care for the patient.

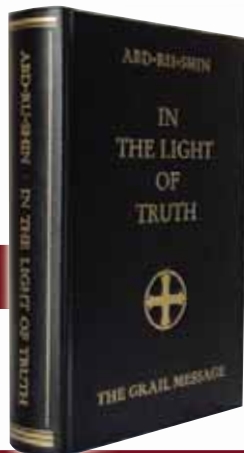
"This is not Africa," he told Dallas station WFAA. "We have a great infrastructure to deal with an outbreak."

Twelve other people in the U.S. have been tested for Ebola since July 27, according to the CDC. All of those tests were negative.

Four American aid workers who became infected while volunteering in West Africa have been treated in special isolation facilities in hospitals in Atlanta and Nebraska, and a U.S. doctor exposed to the virus in Sierra Leone is under observation in a similar facility at the National Institutes of Health.

THE ASSOCIATED PRESS

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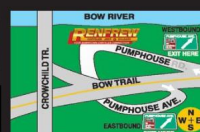
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A new Viagra ad campaign pops up

The little blue pill.
Amid stiff competition
Pfizer gets straight to
the point with new ads

The maker of the world's top-selling erectile dysfunction drug on Tuesday will begin airing the first Viagra TV

commercial that targets the less-obvious sufferers of the sexual condition: women.

In the new 60-second ad, a middle-aged woman reclining on a bed in a tropical setting addresses the problems couples encounter when a man is impotent.

"So guys, it's just you and your honey. The setting is perfect. But then erectile dys-

function happens again," she says before encouraging men to ask their doctor about Viagra. "Plenty of guys have this issue — not just getting an erection, but keeping it."

Having a woman speak directly to men about impotence is a unique strategy for Pfizer Inc. The world's second-biggest drugmaker is looking for ways to boost

sales of Viagra, Pfizer's No. 6 seller, at a time when it is encountering new competition.

Patents give a drug a monopoly, generally for 20 years. But when those patents expire, cheaper generic versions flood the market, often wiping out most of the brand-name drug's sales within a year.

THE ASSOCIATED PRESS



A new print ad for Viagra. PFIZER INC./THE ASSOCIATED PRESS

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CRTC hearings

Expert: You get what you pay for

Canada should heed the lessons learned in Europe about adopting rules intended to keep wireless prices low, the former head of Austria's telecom regulator has told the CRTC.

Forcing lower prices has resulted in Europe having among the slowest and least reliable wireless networks in the industrialized world, Georg Serentschky said as hearings continued Tuesday into the health of Canada's wholesale wireless market.

THE CANADIAN PRESS

Market Minute

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THE 1ST STEP IS ADMITTING WE'RE THE PROBLEM

I woke up yesterday morning and half the animals were gone.

No, it wasn't a spinoff of *The Leftovers*, but the conclusion of a report from the World Wildlife Fund. Since 1970, 52 per cent of the world's population of fish, birds, mammals, amphibians and reptiles — every living creature except people — have vanished. There are still lots of people, you'll be pleased to learn. During the same period, 1970-2010, the world's human population nearly doubled, from 4 billion to over 7 billion.

Wonder if the two are somehow related?

Simply put, we're taking over the neighbourhood and pushing everyone else out: cutting down too many trees, using too much freshwater, adding too much carbon dioxide to the air and polluting everything with nitrogen and phosphorus.

Really folks, this is astonishing. I half expect someone to de-



JUST SAYIN'
Paul Sullivan
metronews.ca

clare a global state of emergency, with everyone told to stay indoors and breathe only four times a minute to cut down on the CO2 level.

But that's not happening. In fact, nothing's happening, except maybe another species going extinct — 150 to 200 disappear every day, according to the UN Environment Program. Species are going extinct before we even discover them.

I'm not sure why we seem to care more about George Clooney's wedding than the disappearance of half the world's animals, but there you go.

Maybe we should blame the global warming debate. Despite an unprecedented global scientific consensus that global warming is real, nine eccentric professors tell us not to worry, and we go,

"OK". Or maybe we've reached the Bad News Threshold. The world is such a mess, what with the bloodthirsty enthusiasms of the jihadists, etc., who wants to hear that half the animals have disappeared in 40 years? If denial works for global warm-

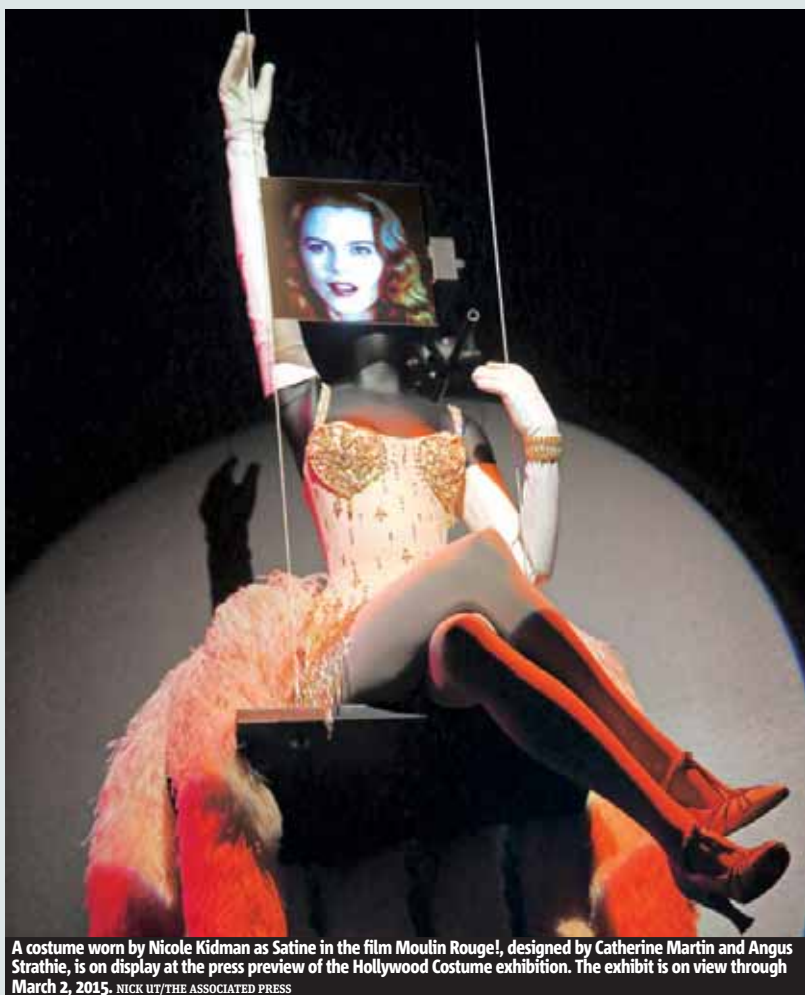
ing, why can't it work for animals? Maybe we'll just wait another 40 years and they'll all be gone and we won't have to worry anymore. (We won't have to wait that long for the freshwater flat line — freshwater species have declined by 76 per cent.)

If we're feeling lonely we can always watch cute cat videos. I know, I know, I sound like a shrill environmentalist, even to myself. No doubt someone will point out that two years ago, the WWF announced that "only" 28 per cent of the animals had disappeared. So how did they get to 52 per cent only two years later? It's either a green conspiracy to prompt donations or an utter catastrophe. It won't be long before we find out.

The cockeyed optimists at the WWF believe it's not all over, that people can "live and prosper in harmony with nature". But something will have to change. A typical American, for example, will have to stop consuming at the rate of four planets, never mind just one.

But first we have to believe this is really happening. And then we actually have to do something. Good luck with that.

Maketh the movie



A costume worn by Nicole Kidman as Satine in the film *Moulin Rouge*, designed by Catherine Martin and Angus Strathie, is on display at the press preview of the Hollywood Costume exhibition. The exhibit is on view through March 2, 2015. NICK UT/THE ASSOCIATED PRESS

Hollywood Costume looks at tinseltown's iconic garb

The Academy of Motion Picture Arts and Sciences is holding its first exhibit in the space that will become Hollywood's premier museum devoted to the movies.

Hollywood Costume opens Thursday in Los Angeles, with more than 150 costumes and dozens of digital monitors.

There's a collection of regal, gilded gowns fit for a queen, a section of superhero costumes and another area is dedicated to characters played by Meryl Streep.

THE ASSOCIATED PRESS

They've got it all

A gallery of some of the most iconic costumes dazzles with its breadth:

- The beaded gown and fur stole that adorned Marilyn Monroe in 1959's *Some Like it Hot*; John Travolta's groovy white suit from 1977's *Saturday Night Fever*; Julia Roberts' red dress from 1990's *Pretty Woman*; the blue velvet suit that transformed Mike Myers into *Austin Powers* in 1997; and two original pairs of ruby slippers worn by Judy Garland in 1939's *The Wizard of Oz*.

MetroTube



Daredevil goes doooooown



ANDREW FIFIELD
andrew.fifield@metronews.ca

May the sun forever shine on the brave hearts of adrenalin junkies who look down from a soaring hot air balloon and think to themselves, "This is cool and breathtaking and all ... if only it were more dangerous." You know who is just that sort of person? Ivan Trifonov, a 70-year-old Guinness record-holding daredevil who took it upon himself to guide a specially modified balloon to tap the bottom of Croatia's Mamet Cave. My goodness. (Croatia/YouTube)



SCREENGRAB

Twitter

@metropicks asked: The UN is holding a conference on gender equality in Iceland that they've decided to only invite males to, with the idea of getting men and boys in on the conversation. Is this a good idea?

@my2k: maybe they can talk amongst themselves what they're doing wrong, like kids in a time-out

Join the conversation @metropicks.

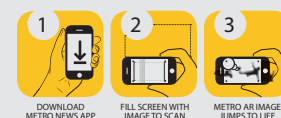


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in *Scene* and page 17 in *Life*.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.





Tailgating

METRO GAME DAY GRUB

There is no lack of creativity when it comes to tailgaters preparing their game day grub for Stampede's home games at McMahon Stadium.

While many mini-parties are cooking up hot dogs and burgers, tailgating veterans such as Richard Beeman and his group hardcore Stampede fans, was busy spending the morning prepping for the evening festivities.

On the menu outside of Beeman's RV party were three different flavours of homemade perogies – including raspberry or blueberry perogies, sauerkraut with onions and bacon perogies, and potato perogies filled with cheese, onions and bacon.

All of the perogies were made from scratch and hand pinched and cooked onsite and then topped with sour cream.

Served along with these little pockets of goodness were healthy helpings of bratwurst.

"If you just serve burgers every game, it is boring," said Beeman, adding that their menu changes up each game and they usually prepare enough food for about 40 to 50 people.

Beeman and his crew have been tailgating and prepping food for each home game for the past five years.

For them, the party includes the large, decked out RV – covered in Stampede logos and each tailgater is wearing some sort of Stampede gear, if not multiple pieces to show true pride and loyalty for the home team.

Be sure to check out some of the great tailgate parties happening at the next Stampede home game on Friday, Oct. 24.

-Candice Ward



#1



#2



#3



#4



RICHARD BEEMAN shows off his game day grub at the Calgary Stampede home game against the B.C. Lions on Saturday night at McMahon Stadium. #1



Club Metro team members **REIKA HAMILTON** and **MEGHAN KLASSEN** join tailgater **DARCY LEVESQUE**, while he cooks up some game day grub at the Calgary Stampede home game on Saturday night. #2



CRYSTAL JACOBSON, FRED GROULX, CODY ANDERSON, DUSTIN KOENIG, and DRACY LEVESQUE, shows off their game day grub at McMahon Stadium. #3



SHELDON and **COREN JONES** show off their game day grub at the Calgary Stampede home game against the B.C. Lions on Saturday night at McMahon Stadium. #4



2 SCENE

Ben there done that: Affleck survives overexposure era

Goodwill hunting.
Actor traded in tabloid rep for more measured shots at stardom



IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Ben Affleck returns to theatres as the star of the hotly anticipated *Gone Girl*, an adaptation of Gillian Flynn's bestselling novel about a man whose life becomes a media circus when his wife (Rosamund Pike) disappears and he is the prime suspect.

It's a welcome return for the star who once almost wore out his welcome on the big screen.

For a few years in the early 2000s, Affleck was the textbook definition of overexposed. Between 2001 and 2004 he released a staggering 11 films, took a year off and dumped four more into theatres in 2006.

Then (when the tabloids weren't naming him Sexiest Man Alive, as *People Magazine* did in 2002), they were detailing the every move of

Just a working man

"Now I think I'm kind of seen as just sort of somebody in Hollywood who works."

Ben Affleck

the couple known as *Bennifer*, a mash-up of Ben and fiancée Jennifer Lopez's high-wattage names.

You couldn't go to a theatre, turn on a television or pick up a magazine without seeing his handsome face, and soon enough that ubiquity worked against him.

The *Wall Street Journal* did the math, reporting Affleck's recognition factor jumped from 75 per cent to 82 per cent in 2003, but noted the percentage of folks who didn't like him climbed from 12 per cent to 18 per cent.

In 2004 talent agent Patrick Whitesell told *Los Angeles Times* writer Kim Masters, "That kind of [media] coverage robs movie stars of their mystique."

After that period of wild tabloid overexposure ruined his credibility with moviegoers and very nearly turned him into an industry in-joke, Affleck took some time for self reflection — "I was a little bit exhausted of myself," he said — stopped saying 'Yes!' to every script that came his way and earned a second act.

In front of the camera — in movies like *State of Play* — and behind it, directing the critically acclaimed *Gone Baby Gone*, the man who had made four dozen movies since 1993 rebuilt his career, focusing on quality rather than quantity.

His next film saw him on both sides of the camera, directing, co-writing and starring in *The Town*, a crime drama that returned him to the scene of his first success, the Boston of *Good Will Hunting*. The Oscar-winning



Ben Affleck and Rosamund Pike join forces in *Gone Girl*. Scan this photo with your Metro News app to see a clip of them in action. CONTRIBUTED

No more yes-man

"I was a little bit exhausted of myself."

Ben Affleck on taking a break after a decade of overexposure.

Argo followed and soon he'll be seen as Batman in *Batman v Superman: Dawn of Justice*.

The days of overexposure have come and gone, and he survived to have a thriving career. "Now I think I'm kind of seen as just sort of somebody in Hollywood who works," he says.



Ben Affleck and Jennifer Lopez in *Gigli*, during the *Bennifer* era. CONTRIBUTED

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Lena Dunham ALL PHOTOS: GETTY IMAGES

Thank Gawker for small favours

Lena Dunham was originally planning to have the opening acts on her upcoming, sold-out book tour perform for free, but that was before Gawker pointed out the fact. Now Dunham has doubled back, announcing that the acts — ranging from comedians to gymnasts to ukulele players — will all be compensated after all. “Some good points were raised and I’ve ensured that all opening acts will be compensated for their time, their labor and their talents,” Dunham tweeted. “The fact that Gawker pointed this out really proves Judd Apatow’s saying that ‘a good note can come from anywhere.’”

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bynes has got it bad and that ain't good



NED EHRBAR
Metro in Hollywood

You know who we haven't heard from in a while? Amanda Bynes. Well, that dry spell is over because Bynes is back!

Her parents' conservatorship — which gave them total, Britney Spears-style control over her life and finances — ended earlier this month, and right on cue we have the former Nickelodeon star's first run-in with the law.

Bynes was arrested over the weekend for driving under the influence after cops



in Sherman Oaks, Calif., saw her stop at a red light — in the middle of the intersection. Police charged Bynes with a misdemeanour after they “determined she was under the influence of a controlled substance,” according to E! News, though exactly what substance is still a mystery. It's nice to see her

coming back playing the hits, though, like getting popped for a DUI. Bynes, after all, was given three years of probation for that very type of arrest back in 2012.

And that's not all! Radar Online reports that she's also flunked out of the Fashion Institute of Design and Merchandising, where she'd been studying since getting out of rehab last year. “Amanda just stopped going to classes,” a source says. “Everything had been going very well for her up until the conservatorship ended. Her instructors tried to reach out to Amanda, given her history of very public breakdowns, but got no response.” No word yet on if she plans to relaunch her Twitter account and start lashing out at fellow celebrities again, but here's to hoping.

That's no way to keep the bromance alive: Matt ditches Ben for George

Having to choose between famous friends can be tough, as Matt Damon learned when he chose to head to Italy for George Clooney's wedding, missing Ben Affleck's *Gone Girl* premiere in New York the night before. And the choice apparently did not go unnoticed by Affleck's wife, Jennifer Garner. “Jennifer was furious that Matt didn't go to the premiere. She flipped out that he ditched his best friend on his big night to go to George's wedding instead.” Oof. Way to get on your best friend's wife's bad side, Matt. Funny thing, though — from



Matt Damon

perusing the red carpet photos of the *Gone Girl* premiere, you know who else apparently wasn't there?

Jennifer Garner, who was in L.A. the next morning to do press for her own new film. Maybe she was projecting?

And in Damon's defence, Affleck has had — and will continue to have — a lot of movie premieres. Clooney's only going to get married maybe a handful more times.



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How-to

Protect animal welfare

Intrepid Travel has these tips for helping prevent animal cruelty:

1. Before you visit a zoo, make sure it adheres to the World Association of Zoos and Aquarium Code of Ethics (WAZA.org). Better yet, view wildlife in the wild.
2. Steer clear of cockfights, bullfights and animals employed in cultural festivals.
3. Swimming with captive dolphins is stressful for them. Avoid any captive marine mammal.
4. Don't be tempted by local cuisine that includes wild animals.
5. Don't buy souvenirs that incorporate fur, horns or shells.
6. Don't get your picture taken with, or ride on, a wild animal, elephants included. Many are drugged or mistreated in order to be "tame" enough. **DOUG WALLACE/METRO**

Deal

Book early for Italy

Globus is expanding its offerings next year for Italy and other parts of Europe. Its portfolio will include a new nine-day Italian Sampler tour priced at about \$220 per day. It takes in Rome, Florence and Venice, plus quieter spots such as San Gimignano and Padua. If you book an air-inclusive 2015 Globus Europe vacation before Oct. 28, you get a \$100 air credit per person. The credit grows to \$350 when it's Italy you're booking and \$500 if you choose Air France, KLM or Alitalia flights to Italy. Visit GlobusJourneys.ca. **TEXT: DOUG WALLACE, PHOTO: GLOBUS**



Tool

Virtual guide to the Adirondack Park

Summon up the summits of the Adirondack Park's six million acres in upstate New York at adirondacksusa.com. A new and very cool virtual guide gives you interactive, 360-degree views from various locations throughout the park, with links to everything from mountain peaks to golf courses to town shopping streets. Park businesses can also get on board to help promote tourism in the region. With 3,200 kilometres of hiking trails and 1,900 kilometres of rivers, this place is paradise. **TEXT: DOUG WALLACE, PHOTO: SHAUN ONDAK**



That's hot. San Fran and Sriracha top foodie travel list



Top five food destinations

- 1 San Francisco, USA
Sriracha sauce
- 2 New York, USA
gourmet burgers
- 3 San Sebastian, Spain
foraging
- 4 Toronto, Canada
hand-held pies
- 5 Lyon, France
heritage cuisine



A new food and travel report has named San Francisco the top culinary destination for food lovers this fall, citing the city's love affair with Sriracha sauce as one of its star attractions. Written by online booking site Travelocity.ca and "culinary trendologist" Christine Couvelier, the list of top 10 food cities in the Culinary Travel Report is dominated by North American and European cities, with nary an Asian destination in sight. San Francisco tops the list for being a hotbed of culinary creativity and food artisans, the report says. And apparently, the culinary trend to keep an eye out for in this city is Sriracha sauce, which is being used not only as a condiment but also as a spicy, barbecue glaze for grilled meats, particularly chicken. **AFP**

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All-inclusive Alps adventure offers affordable luxuries

Valmorel. Pick a package and let your friends know you'll be skiing in Europe

KATHY BUCKWORTH
life@metronews.ca

The French Alps are on many avid skiers' bucket lists, but the expectation that the price will be prohibitive keeps many from even exploring the possibility.

But in Valmorel, France, the all-inclusive Club Med ski resort makes managing costs easier.

Club Med is synonymous with the all-inclusive resort, a convenient way for families to manage budgets and avoid most of the dreaded add-on costs, which pop up on a vacation. Having activities and food (and alcoholic drinks) included proved to be a huge attraction, particularly for hot climates.

The term "all-inclusive" still conjures up images of sandy beaches and blue oceans, but both the company and the concept have recently moved up. With a staggering 18 ski resorts in the Alps (spread across France, Switzerland and Italy) the all-inclusive alpine experience is one that families are quickly embracing.

In addition to airfare, transfers, food and open bar, clients also have their lift tickets, equipment storage and ski or snowboard lessons covered.

The Valmorel Club Med (located a two-hour drive from Lyon, France or a one-hour drive from Geneva Switzerland) opened in 2011 with the family ski concept in mind. Besides individual chalets, the lodge includes suites which can easily accommodate a family of four in a stylish, yet compact series of rooms with a king bed, two twins, a sitting area and two separate washrooms. Basic "club" rooms are also available.

Because the altitude of Val-

morel is not extreme, many families with young babies and children choose to come here, as it is easier on their more delicate respiratory systems. Baby Club Med is offered to children aged four to 23 months. Older children can take advantage of the included group ski lessons from age four and up.

The two restaurants (one buffet, one menu) offer a terrific selection of fresh food from the region, and the Baby Corner offers fresh ingredients and a food processor for parents to

make their own baby food (pre-made is also available). After dinner, the G.O.'s (or Gentil Organics) put on a stage show and entertain kids and parents alike. An indoor/outdoor swimming pool and hot tub are the perfect end to a day of skiing.

The ski season is set to open Dec. 14, 2014 and will run until April 12, 2015. This vacation, according to the Club Med website, will run you approximately \$6,000 per couple — comparable to a do-it-yourself trip to Whistler. Visit clubmed.ca.

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Laughter is the best (and cheapest)

Fighting back with laughter



Robin Duke is writing a one-woman cancer show. HELEN TANSEY

Channelling kitten sweater models

A mother, actress, writer, producer and a full-time faculty member in the comedy program at Humber College in Toronto, Robin Duke was in the midst of writing a new show for the comedy group Women Fully Clothed when she was diagnosed with breast cancer.

She had a mastectomy in the fall of 2008.

The following is an excerpt from the one-woman cancer show the former Saturday Night Live cast member is currently writing.

There are few things in life I know for certain that I am good at: swimming, cleaning and MRIs. I'm really good at MRIs.

Some people have to practically be knocked out cold with sedatives to withstand this claustrophobic procedure. It's extremely difficult and uncomfortable to stay perfectly still for the hour of darkness, encased in a large metal cylinder, while radio waves produce detailed pictures of your organs, bones and soft tissue.

Even the smallest of movements can blur the images of the tumour they are trying to measure, meaning even more time inside the MRI for the retakes.

I am proud of my unique ability to remain motionless throughout the magnetic resonance imaging. With all the clanging, thumping, humming and tapping noises throughout the process, I am perfectly still with my body stretched out on the metal table, and I don't move a muscle.

I first developed this skill when I was seven or eight at the Better Living Building at the Canadian National Exhibition in Toronto.

It was there where I carefully studied the "statue" models of The Kitten Sweater Exhibit — beautiful young women in pastel-coloured cashmere, tight-sweater sets and breasts accentuated by bullet bras.

The vintage bras projected their two breasts like head beams on a car. These clas-

sic sweater girls stood motionless on small stages, each with its own picturesque setting: a farm with hay bales, the front porch swing of a cottage or an office where a Madmen-like "Peggy" leaned on a desk with a pencil and steno pad.

My parents dropped me off there, confident I would "stay put" while they checked out the latest in early '60s appliances. For

Cheap medicine

"So what else can you do but laugh? I couldn't run down the street naked, screaming. Laughter is the best medicine and if I can make a joke about cancer it loses some of its power."

Robin Duke

on the power of humour in her recovery from breast cancer

hours I would stare at the frozen women and wait for them to blink, make a false move, scratch an itch. I would imitate them and gauge how long I could be paralyzed. The only move they did make was to change poses but this always happened after a considerable length of time.

Throughout the day the models would come and go, replacing one for another. Some were better but they all held my complete attention. My parents would then pick me up, waking me from my trance.

At home I would practise standing still for as long as I could, challenging family and friends to outlast me. I won, hands down, every time. At night, I dreamed of the day when my breasts would grow into points and I would become a Kitten Sweater model at the Canadian National Exhibition.

So, when I lie on that rock-hard bed strapped into my MRI rocket, ready for take-off, I shut out the clanging and sounds surrounding me. I close my eyes and suddenly I am in a farm scene or cabin by a lake, or a feminist at a rally. I am anywhere in the world and I hold every muscle completely still. I am a kitten sweater model, however, with only one pointed breast.

Stay positive. How does humour play into dealing with a breast cancer diagnosis? It's more important than you may think

MARK
BRESLIN

life@metronews.ca

What do a man wearing a tutu and breast cancer relief have in common?

It may not seem obvious, but it's what one man has used to bring some joy and laughter to his wife, who has been battling the disease for the last 11 years.

New Englander Bob Carey started taking photographs of himself in a tutu — and only a tutu — in various iconic locations to cheer up his ailing wife Linda. Since he began The Tutu Project, the photographs have gone viral. Proceeds of sales of these images as well as calendars (there will be one for 2015) are being used to raise money for the Carey Foundation for families with breast cancer.

But their real value, Bob maintains on his website, thetutuproject.com, is to ameliorate the suffering that goes with his wife's disease.

There's a long history of the relationship between humour and healing.

In the '70s, esteemed author and activist Norman Cousins was lying in a hospital bed suffering from a rare form of arthritis. Nothing seemed to work for him — no medication, no therapy. To cheer himself up, he began to watch the entire Marx Brothers movie catalogue. As he laughed, he made a potent discovery: His pain went away.

A little later, a doctor named Hunter Doherty "Patch" Adams began making his hospital rounds wearing a clown nose and bedpans for slippers. He became so famous for raising the morale of his patients that his life story was made into a movie starring the late Robin Williams.

Adams' work really started the discussion about the relationship between humour and healing. But a man in a tutu? Is this funny? Actually, the tutu has been used for comic effect by a number of comedians. Howie Mandel's first stage performances saw him wearing the tutu (and a sport jacket, of course) and there's a comedic ballet troupe called



Having a positive attitude through a breast cancer diagnosis is vital. ISTOCK

Stay present

"For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment..."

Sara Davidson, psychotherapist
on the power of now and laughter

Le Ballet Trocadero de Monte Carlo that has its all-male cast wear tutus. It's a benign, non-threatening form of drag, and men dressing up as women has been used since Shakespeare's time to get a laugh.

OK, so it's funny, but does any of this really help the sick?

David Schatzky, a psychotherapist and former broadcaster, thinks so.

"When you're able to laugh, you feel better. It releases endorphins, reduces stress hormones, and boosts the immune system. Laughter won't cure anything, but you gain strength from it," he says.

Psychotherapist Sara Davidson of Confervor Counselling Services in Toronto agrees.

"The muscles in the face that are used in the act of smiling trigger a natural mechanism we have that releases these endorphins," she says.

I guess our parents were right when they told us to

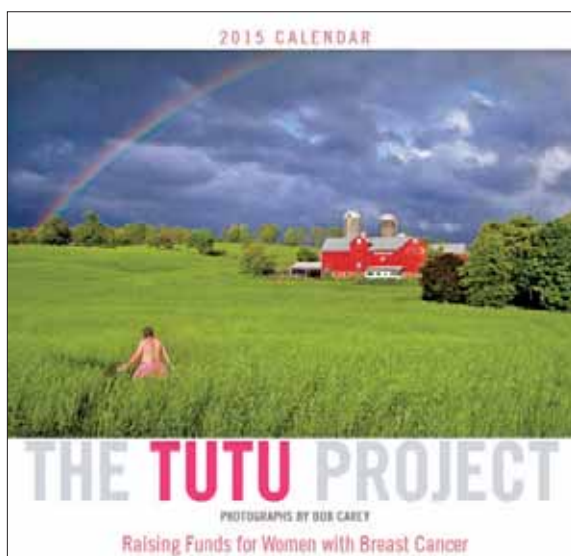
"turn that frown upside down."

One of the most difficult things about dealing with disease is the toll it exacts not just on the afflicted individual but also on the family of the patient. Davidson notes, "For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment with their loved ones without constantly focusing on the negative possible events that lay ahead."

In other words, laughter can provide much needed relief.

Bob's photographs do just that for his wife and other breast cancer patients. A middle-aged man in a tutu posed against the Lincoln Memorial or in the aisle at Bloomingdale's has got to elicit a smile. Interestingly, most of Carey's photos (which are beautifully shot) place him against a lonely vista, as a possible metaphor of the battle of all those who suffer. The shots are funny, but also moody as

medicine



well. In a video on their site, Bob and Linda share their feelings.

"He isn't afraid to put himself out there ... the more I laugh, the better I feel," says Linda.

Bob adds, "When Linda would go for treatment, she would show my images on her phone to the other women and it would make them laugh."

"Women really like that he's standing by me," she

sums up.

This solidarity may be the most valuable help of all. Bob's courage to look foolish, which by no means compares with Linda's courage in dealing with her cancer, is at least an attempt at a way for a loving couple to go through the tough times together.

Both Schatzky and Davidson acknowledge that laughter alone can't cure cancer. But as relief goes, it couldn't be a better beginning.

Here are areas where we're seeing innovations in breast cancer research that could change the way we prevent, diagnose and treat breast cancer in the years to come

VAWN HIMMELSBACH
life@metronews.ca

Understanding genetic markers

It's estimated that five per cent of all new breast cancer cases are caused by mutations in the BRCA1 and BRCA2 genes — and that those cancers should receive different, more targeted, treatments to increase the chance of survival.

Understanding genetic markers can help to prevent breast cancer and improve treatment, according to Dr. Kelly Metcalfe, adjunct scientist at the Women's College Research Institute. Current research is looking at genetic susceptibility factors among a large group of multi-ethnic women in Canada, and those results will be combined with those from 26 countries to help understand genetic markers.

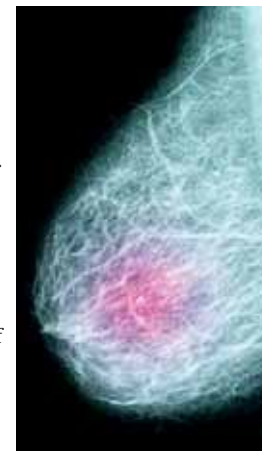


3D screening

Breast screenings can help to find cancers earlier, but they also provide more treatment options and better chances of survival.

Researchers are working on the development of digital breast tomosynthesis — a three-dimensional mammography that makes it much easier than a conventional mammography to see if a cancer is present (since doctors are able to look through different levels of tissue in the breast).

More research is being done in this area, but the promise is that it will be easier to detect cancer, with fewer false alarms.



New treatment options

McMaster University's Dr. Julie Arsenault is studying a robotic radiosurgery device called Cyberknife to see if it's safe and effective for surgery to treat early-stage breast cancer.

Treatment typically involves surgery to have the tumour removed, followed by whole-breast radiation or chemotherapy over 16 to 30 treatments.

"One of the questions is whether radiation will work as a primary treatment," Arsenault told Metro. The concern with conventional treatment is toxicity, since the heart and lungs lie just underneath the breast. Stereotactic body radiation therapy provides a much larger, much more targeted, dose of radiation to the tumour over about five treatments. Arsenault's research is looking at whether the Cyberknife could help women with early-stage cancer avoid surgery altogether.



5 innovations to be aware of

Safer drugs

Molecules made in a lab have been found to kill breast cancer cells selectively over healthy cells, according to Dr. Patrick Gunning, Canada Research Chair in medicinal chemistry.

What's been dubbed BP-1-102 has been found to target a key protein that triggers the development of many types of cancer.

Research is being done to stabilize this molecule so it's more bioavailable, meaning it would have a more prolonged effect on the patient. The idea is to create a drug that has fewer side effects and will be much safer than aggressive chemotherapy techniques.



Improving quality of life

According to research by Karen Dobbin at Cancer-Care Manitoba, 88 per cent of women surveyed had at

least one physical problem after breast cancer treatment but only 43 per cent had any type of rehabilitation. New research is looking at rehabilitation services for women who have survived breast cancer, as well as outcomes of various rehabilitation efforts. Research has already documented the many benefits of physical activity for women during and after treatment, such as lower rates of cancer-related deaths. One initiative at the Princess Margaret Cancer Centre involves harnessing the use of mobile apps with physical exercise to encourage long-term behaviour change — and long-term improvements in quality of life and survival.



Add a splash of colour to your tacos

Vegetarian dish. Black beans, bell peppers, corn and more make for a very memorable presentation



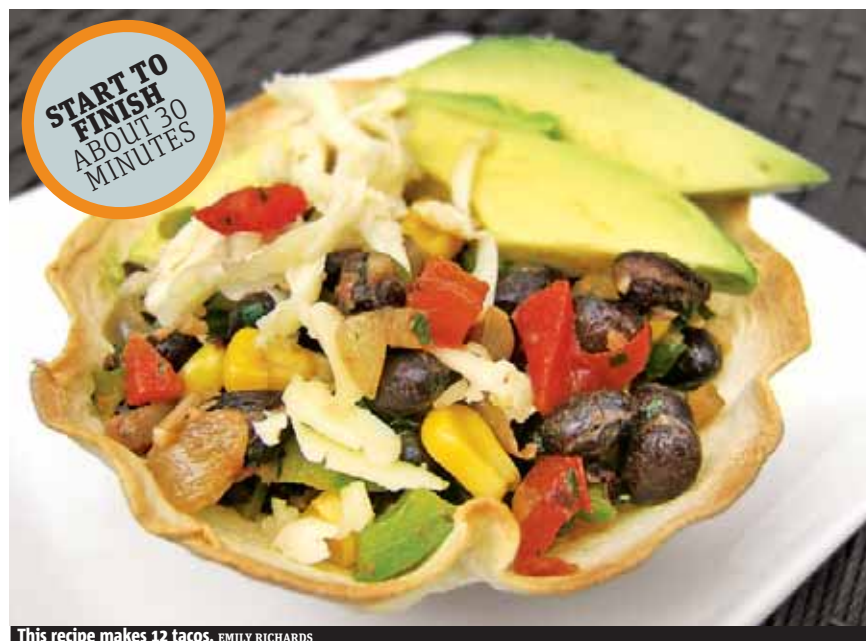
DINNER EXPRESS
Emily Richards
food@metronews.ca

If you look around the grocery aisles, you'll find many versions of taco mixes. You can also make your own creations very easily with just a few pantry staples.

While you're planning taco night, also check out the tortilla options.

You can use flavoured flour tortillas or pick up some corn tortillas for a classic combination.

Restaurants always serve up their taco shells warm, which enhances the filling and the taco experience and you should, too.



This recipe makes 12 tacos. EMILY RICHARDS

These Vegetarian Tacos have a bit of hit of smokiness, thanks to the chipotle peppers. You can find them in cans in the

grocery store.

Although you only need one for the recipe, keep the other chipotles in the freezer to add

to other favourite taco or chili recipes.

If you lay them out flat on some wax paper and freeze,

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once they are solid you can tuck them away into a container or freezer bag to pick out one when you need it next time.

You can make the filling for this dish ahead and serve it up at room temperature or right out of the pan.

1. Brush your spinach or tomato basil tortillas lightly with some of the oil. Using a 4-inch (10 cm) round cookie cutter, cut 3 circles out of each tortilla and place oiled side down in muffin tin. Repeat with remaining tortillas. Bake your mini tortilla bowls in 400 F (200 C) oven for about 7 minutes or until crispy and golden. Remove from pan and let cool.

2. Heat the remaining canola oil in nonstick skillet over medium-high heat and cook

Ingredients

- 4 large spinach or tomato basil flour tortillas
- 2 tbsp (30 ml) canola oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 1 chipotle pepper in adobo sauce, minced
- Half each red and green bell pepper, diced
- 1/2 cup (125 ml) corn kernels
- 1 tbsp (15 ml) each chopped fresh basil and mint
- 1 avocado, sliced
- 1/2 cup (125 ml) shredded jalapeno havarti cheese

onion and garlic for 2 minutes or until softened. Stir in the black beans and chipotle pepper and cook, stirring for 5 minutes or until hot. Stir in red and green peppers, corn, basil and mint and remove from heat.

3. Divide mixture among tortilla bowls and top with avocado and cheese to serve.

Ingredients

- 2 tbsp butter
- 1/2 medium red onion, diced
- 1 lb shelled, raw large shrimp
- 1 tsp sugar
- 1/2 tsp red pepper flakes
- 1/2 cup sliced Peppadew peppers
- Ground black pepper
- 1 heart romaine lettuce, finely chopped
- Four 8-inch flour tortillas
- 2 oz crumbled fresh goat cheese
- 1 avocado, peeled, pitted and sliced

cheese and avocado slices. Serve. **THE ASSOCIATED PRESS**

Sweet-And-Tangy Tacos



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In sauté pan over medium-high heat, melt butter. Add onion and sauté until translucent, 5 minutes. Add shrimp and sugar and sauté until pink and firm, 5 minutes. Stir in pepper flakes and Peppadews, then heat for another minute. Sea-

son with black pepper.'

2. Arrange a quarter of the romaine down the centre of each tortilla, then top with a quarter of the shrimp and Peppadew mixture. Top each serving with a quarter of the

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Someone to watch over my work

A comrade in careerdom. How can a mentor give me a push along my path?

LAUREN MARINIGH
TalentEgg.ca

Having a mentor can be extremely beneficial to your career growth at every level.

Many people are reluctant to seek out a career mentor — particularly those who are inexperienced or new to an industry. However, the benefits can be significant and are well worth exploring.

Advice and support from someone who has experience and insight can be the perfect complement to your own initiative and drive.

Here are just a few things a top mentor can offer you.

Sharing an insider's perspective

A mentor can provide you with an insider's perspective

on navigating your own career path.

No matter what stage you're at in your career, a mentor can be a great source of information and guidance, providing critical feedback and advice that will help you to make decisions about your career.

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

Even where their advice doesn't align with your priorities or goals, you'll be able to make decisions with a clearer sense of the pros and cons. That input can make a significant difference when you're facing a major career decision.

Holding you accountable

Do you have a specific career goal in mind? Or do you feel a little like you lack purpose?

When it comes to developing (and setting) your goals, a mentor offers more than just guidance.

It's easy to let goals slide

when they're kept a secret. Laying your goals and plans out with a mentor's input will make you more accountable to actually completing them.

This also applies to getting started, not just following through.

Enhancing your network

A mentor can help enhance and expand your professional network.

Although you can't guarantee every mentor will have connections to the CEO of your dream company, they more than likely will have other connections in the field that may be able to help you down the line.

Expanding your network early on in your career can set you up for success.

Not only do you have the potential to eventually connect with your mentor's network, but also connecting with your mentor alone can help open many doors for you.

It is never too late or too

early to find yourself a mentor.

Having a mentor can benefit you no matter what stage you're at in your life and career.

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A mentor's encouragement can help you take the first step in tackling a career challenge. ISTOCK

Answering your questions

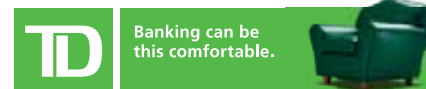
A mentor has probably tackled many of the questions you have to ask, whether it's something industry-specific or more open-ended.

- While self-guided research is vital to your continued career success, a mentor can offer a much-needed

personal counterpoint.

- You may find that your mentor has questions for you, which can help you build your skills as a communicator, and recognize areas where you would benefit from learning more.

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Arming yourself with great answers

Get ready to be recruited. The best ways to respond to interview inquiries

SHAHEERAH
KAYAN
TalentEgg.ca

You've got an interview coming up. Are you wondering what kind of questions the employer will ask you? Here's a list of commonly asked interview questions and tips for preparing yourself accordingly.

"Tell me about yourself."

This is a classic question. This is your chance to sell yourself and your talents to the employer. You will want to tell a good story about yourself, what your skills and prior work experiences are, and how you can use that to benefit the employer. Also let your personality shine through, and let the employer in on your interests and career goals.

"What is your biggest weakness?"

This is your chance to talk about your weakness, and definitely emphasize how you are working to improve on it. For example, if you're afraid of public speaking, take on a volunteer position to improve your presentation skills and become more comfortable with public speaking. Showing that you actually recognize your weaknesses and are taking action to deal with them will demonstrate that you are proactive and like to take initiative.

"Why do you want to work in this position/work at this company?"

Make sure to research the position and company before the interview. Here, you can talk about why the role interests you and what skills you have that will complement the position. Also talk about what attracted you to the company in the first place, such as opportunities for on-the-job training or the company's social responsibility initiatives.



There is strength in being able to acknowledge your weaknesses, and in pointing out how you're working to improve in those areas. ISTOCK

"Can you describe a difficult obstacle you faced, and how you overcame it?"

This is a classic question because employers want to judge your ability to problem solve and handle tough situations.

Give solid examples of situations where you had to work under pressure, complete a tough assignment or

co-operate with problematic team members. Briefly describe the situation and then talk about what steps you took to solve the issue.

Talk about the positive outcomes that resulted, and what you learned from the overall experience.

After the interviewer is done with their questions, they will ask you if you have

any questions for them. It's a good idea to say yes (this shows you are genuinely interested), and have some good questions to ask them. Don't ask about salary and don't ask a question you could easily have researched beforehand. Instead, here are some good questions to ask:

- What is the most challenging and fun thing about this

Looking forward

"What are your short-term goals (over the next five years)?"

- To answer this, describe your professional goals and then relate them to those of the employer. You should talk about what you hope to achieve over the next five years and what you hope to contribute to the employer in that time period.

position?

- Is there a particularly challenging area of this position I should be aware of?
- What new projects will I get to assist with?
- What is a typical day on the job like?
- What will happen next in the hiring process?

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Improv-ing the way we go about our day

Setting the stage for success. How one CEO is using theatre techniques to make better work decisions

LAKSHMI GANDHI
Metro in New York City

By day, Isaac Rodriguez is the CEO of the Provident Loan Society, the 180-year-old non-profit lender founded by business tycoons including J.P. Morgan and Cornelius Vanderbilt. By night, he performs as an improv comedian with Artistic New Directions, a theatre group in Manhattan.

Rodriguez says he's tried to incorporate what he's learned from his side career as an actor into the corporate world. But the principal lesson that improv has taught him may come as a surprise.

"The most important thing would be listening,"



What's the use in holding a meeting if your message isn't going to be retained? If you notice that your audience is distracted, simply ask them if there's a better time for a sit-down. ISTOCK

says Rodriguez. "How important that is, to listen to

someone, and how it feels realizing even more how it feels to not be listened to. It's one of the worst feelings."

Rodriguez shares these improv tips for anyone looking to get ahead in the workplace.

Keep the conversation going

The trick to succeeding, says Rodriguez, is not to let the conversation peter out. To do this, Rodriguez says you should use what he calls the "yes, and" principle.

"It's an actor's job to justify,

make positive choices and respect (the) physical and verbal reality of the scene, for example. Apply that to business," he says.

If you end up saying something like "I don't know" or "We can't do that," you are effectively putting an end to any potential negotiations and shutting the door to a potential project.

"If I don't listen to the proposal and interact and keep that scene going, I would never know what their thoughts were and what they were doing or thinking."

Engage your audience

As anyone who has ever given a presentation or tried to speak with an extremely busy colleague knows, it just takes a moment to lose the interest of your audience.

- "If an individual is physically involved in something and not verbally responding to you, simply acknowledge it," advises Rodriguez.

- "Say, 'You're really involved in something, and what we are talking about requires an extensive conversation. What other time can I come in and talk about it?'"

- "Putting someone on the spot forces them to reschedule the meeting or to stop being distracted and talk to you."

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Wild night in Kansas City as AL playoff goes to extras

Oakland Athletics' Brandon Moss, left, is congratulated by teammates Sam Fuld and Josh Donaldson, right, as he arrives at home after hitting a three-run home run during the sixth inning of the AL wild-card playoff baseball game against the Kansas City Royals on Tuesday. Kansas City tied the game 7-7 in the bottom of the ninth on a sacrifice fly by Norichika Aoki. Check metronews.ca for the final score. JEFF ROBERSON/THE ASSOCIATED PRESS

Mitchell looks OK in practice, at last

After two games out. Quarterback looking 'good' to start against the Roughriders Friday

Barring a setback in practice this week, Bo Levi Mitchell is expected to be the starting quarterback for the Calgary Stampeders on Friday against the Saskatchewan Roughriders.

After watching Mitchell navigate the wet McMahon Stadium turf in Tuesday's practice, Stampeders head coach John Hufnagel was closer to giving Mitchell the green light to return to game action.

Mitchell sat out Calgary's last two games with a sprained left ankle and stretched knee ligament suffered in the fourth quarter Sept. 13 against Toronto.

"Not 100 per cent, but it looks good that he'll be playing the game," Hufnagel said.



Bo Levi Mitchell tested his leg in slippery, wet conditions Tuesday and feels ready to play Friday against the Roughriders. NATHAN DENETTE/THE CANADIAN PRESS FILE

"He looked good out there today. I'm not trying to hide anything. I just want to have one more day to make sure he is ready to go.

"He didn't have a setback today and that was the only thing I was concerned about and he was too. The turf was a little slippery, he did some movement on it and had no

pain in either the ankle or the knee, so he's ready to go."

Calgary owns the best record in the CFL and tops the West Division at 11-2. Saskatchewan and the Edmonton Eskimos are tied for second at 9-4.

Friday's game is the first meeting this season between Calgary and the defending

Grey Cup champions. The Stampeders went 14-4 last season, but were upset at home in the West Division final by the Roughriders.

The Stampeders can clinch a playoff berth with a victory Friday, although a loss by the Winnipeg Blue Bombers (6-7) to Ottawa in the earlier game that day would also secure a playoff berth for Calgary.

Stampeders running back Jon Cornish was named the CFL's Canadian player of the week Tuesday. He rushed for 156 yards Saturday in a 14-7 win over the B.C. Lions.

The CFL's Most Outstanding Player and leading rusher in 2013 has been limited to six games because of injuries this season, yet ranks second in rushing yards with 743.

Returner Jock Sanders was named the league's top special teams player of the week with 156 return yards versus the Lions. Sanders is not expected to play in Regina because of an ankle injury. THE CANADIAN PRESS

Figure skating

Chan taking year off of competition

Three-time world champion Patrick Chan plans to skip the upcoming figure skating season and return to the competitive circuit for the 2015-16 campaign.

"My goal is to return to a full competitive schedule after this year," said Chan. "I am proud of my accomplishments in Sochi and my world championship titles, but I do feel that there is still more that I can achieve. I will return to competition having learned new ways of training and preparing from this year off."

THE CANADIAN PRESS

DUI arrest

Phelps left to apologize again

Michael Phelps' comeback has been sidetracked by more trouble away from the pool.

The Olympic champion was arrested for the second time on DUI charges early Tuesday in his hometown of Baltimore, another embarrassment for a swimmer who came out of retirement this year with his sights set on competing at the Rio Games.

Phelps issued an apology that sounded very familiar to the ones he made after a drunken-driving arrest a decade ago, as well as when a British tabloid published a photograph in 2009 that showed him using a marijuana pipe.

THE ASSOCIATED PRESS

Women's World Cup

No Plan B other than turf: FIFA

Despite the threat of a lawsuit from top players, there is no Plan B beyond playing the 2015 Women's World Cup of soccer on artificial turf.

"Currently no," Tatjana Haenni, FIFA's deputy director of the competitions division and head of women's competitions, said Tuesday in an interview from Ottawa.

"We play on artificial turf and there's no Plan B."

A group of top female players has threatened to file a lawsuit over the turf, saying it is discrimination since men would never play their World Cup on artificial turf.

THE ASSOCIATED PRESS

2015 Mitsubishi Outlander

- **Type.** Five-door, compact crossover
- **Engines.** 2.4-litre inline four-cylinder (166 hp), 3.0-litre V6 (227)
- **Transmission.** CVT (automatic), 6-speed Sportronic automatic
- **Price.** \$25,998 base, \$38,928 as-tested

Market position

Available in many 2WD and AWD guises, including very advanced S-AWC. Big brother to RVR, the latter based on a shorter version of the Outlander platform. One of few compact SUVs still available with third-row seating and V6 power. Struggling to be heard in a very crowded and competitive segment.

Points

- One of the first in segment to offer adaptive cruise control, lane-departure warning and forward-collision mitigation (on GT trim line).
- Super All Wheel Control manages over/under steer and traction via front-to-back and side-to-side torque split.
- All-new for 2014, and updated for 2015 with a more aggressive, all-black, front-end look.



The interior is uncluttered, with new soft-touch materials.

Safety features

Seven standard air bags, 4-wheel disc brakes with ABS, electronic brake force distribution, traction and stability control, hill start assist, tire pressure monitoring, available adaptive cruise and lane departure and forward collision mitigation, anti-theft alarm and engine immobilizer.

Out of mind, not out of sight

Review. Mitsubishi Outlander remains popular, despite auto-maker's lower profile in tough CUV market

MIKE GOETZ
drive@metronews.ca

The Mitsubishi Outlander is easy to overlook when you're compiling a short list of cross-over utility candidates.

Put that down to Mitsubishi being one of the smaller automakers in the business, the proliferation of competitors in this segment, and the perennial chart-topping performances of CUV segment pioneers and icons Ford Escape, Honda CR-V and Toyota RAV4.

And put it down to the Outlander itself, never one to stand out in a crowd, at least visually. All new in 2014, and re-touched for 2015, the Outlander has made great strides in the looks and interior sophistication departments.

Our top-of-the-line GT tester looked fetching in deep red and 18-inch two-tone mesh alloy wheels.



PHOTOS: MIKE GOETZ

Although the base Outlander, the front-drive ES, starts at \$25,998, the GT range, which comes with Mitsubishi's Super All-Wheel Control system (S-AWC), starts at \$36,198. Our tester was further bolstered with the \$2,730 Navigation Package, for an as-tested and meaty price of \$38,928.

For that, you get loads of premier safety technology and an Outlander that can really grip the road. The S-AWC system, first developed for the over-achieving Evolu-

tion sports sedan, keeps the crossover seriously connected to the road in any twisty and/or slippery condition.

But the rub is, you rarely feel like pushing the cornering experience in the Outlander. A bit bigger and heavier than its compact-CUV competitors, it unfortunately feels even taller, heavier and a bit nervous at the wheel.

The GT's 3.0-litre V6, good for 227 horsepower and 215 lb.-ft. of torque, is certainly powerful and refined enough, and the six-speed

transmission shifts smoothly.

Fuel economy is rated at 11.5 L/100 km in the city and 8.4 on the highway.

The interior is uncluttered and effective, with new soft-touch materials for 2015. The SE and GT models come with a third row of seating, but it's super-tight back there.

Lower-level models have less high-tech hardware and fewer gizmos to talk about, but have no problem finding buyers. Outlander outsells many competitors that have more name recognition.

Compare



1 Ford Escape
Base price: \$25,249
Top-selling compact SUV in Canada. Stylish and agile.



2 Honda CRV
Base price: \$27,863
Solid and well-designed. Techy and terrific 188-hp engine.



3 Toyota RAV4
Base price: \$25,695
Good interior packaging and materials. Secure road manners.

So it is definitely one to consider for a test drive, especially if you need V6 power or seven seats in a CUV.

5 DRIVE

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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Tesla factory will cut battery-production costs

Tesla Motors' newly announced multi-billion dollar gigafactory near Reno, Nev., will single-handedly make more lithium ion batteries than any plant in the world, says CEO and founder, Elon Musk. Vital to Tesla's goal of mass-market electric car sales, the \$5-billion state-of-the-art plant is designed to drive down lithium ion cell production costs by as much as 30 per cent, Musk said. The California-based auto maker intends to accelerate the production of its Tesla electric cars to "hundreds of thousands" of units per year from its current annual output of about 35,000. Aside from the plant's massive size, it will be able to generate all its power needs on-site from wind, solar and geothermal systems. **ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM**



The state-of-the-art battery factory Tesla plans for Nevada will cost \$5 billion to build, but will generate all the power it needs through on-site wind, solar and geothermal systems.

Mini flatbed truck opens possibilities

Japan's oldest automaker, Daihatsu, has developed a zero-emission mini flatbed truck that creates electricity from a liquid combination of hydrogen and nitrogen. The automaker claims its liquid-fuel-cell system offers a high power density similar to that of hydrogen, but because the mixture renders the fuel liquid, it's easier to handle and transport than hydrogen gas. The FC Deco Deck Concept's fuel system is simple, compact and low-cost to produce, and doesn't require the use of any precious metals (a big part of the cost of hydrogen fuel cells). The Gizmag website says the Deck's on-board generator could make it an ideal vehicle to supply power in emergency situations, or at remote locations.



This odd-looking machine uses a fuel system that produces electricity from a liquid combination of hydrogen and nitrogen.

Shift points

- Move over Honda Civic, Toyota Corolla and Volkswagen Beetle: Ford's subcompact Fiesta has become the United Kingdom's best-selling car ever. Now in its sixth generation, more than 4.1 million Fiestas have been sold in the U.K.
- Within days of showing an electric concept version of its venerable 9-3 midsize sedan, beleaguered Swedish automaker Saab has filed for bankruptcy, again. Its new Chinese owners, National Electric Vehicle Sweden (NEVS), have struck out, securing the additional investors it needs to keep the automaker running.
- Kia Motors America wants to help improve the electric-vehicle charging network in advance of the Soul EV's arrival in California later this year. The Korean automaker is adding 17 fast chargers to the state's network of 200.

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Ford unveils its taxi cab — or taxi van — of the future

Ford has introduced its compact 2014 Transit Connect work van as a taxi, prioritizing passenger and cargo space, livery-duty durability and low operating costs. A new 2.5-litre four-cylinder gasoline engine is expected to deliver best-in-class fuel economy and will feature an available "prep package" allowing conversion to more efficient, cleaner-burning compressed natural gas or liquefied petroleum gas. The redesigned taxi model is lower and longer than standard Transit Connect vans, allowing for advertising signage on top of the vehicle as well as seating for five and increased cargo space inside. The van's floor has also been lowered for improved access to the cabin, and can be modified for wheelchair accessibility.



You might be used to taxi rides in a Ford Crown Victoria, but the Transit Connect will be more comfortable.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You must honour your side of some sort of bargain. If you don't, your reputation will head south. It works both ways. You can demand that others live up to their obligations as well.

♉ Taurus

April 21 - May 21

You seem to be in one of your silly moods — and that's a good thing. Most days you might worry what others think of your behaviour but today you just cannot be bothered.

♊ Gemini

May 22 - June 21

Something you take for granted will be changed beyond recognition over the next few days. But seeing as it is so clearly a change for the better, you won't be in the least bit worried.

♋ Cancer

June 22 - July 23

This may be an emotional time in your life but there are people who love you and are always there for you. If you are smart you will call on them. They will ease your fears.

♌ Leo

July 24 - Aug. 23

If you need to take stock of your money situation, this is a good time. But don't get so caught up in dollars that you view everything as profit or loss.

♍ Virgo

Aug. 24 - Sept. 23

Today's powerful cosmic activity means you can, if you wish, force your will on others. It may be profitable but is it right?

♎ Libra

Sept. 24 - Oct. 23

You should be able to find ways to deal with the challenges you'll face today. Even if they prove tougher than expected, surely there is someone you can turn to for help.

♏ Scorpio

Oct. 24 - Nov. 22

What you do in private today is more important than what you do in public, especially as it will help build emotional bonds with people you may have neglected in recent months.

♐ Sagittarius

Nov. 23 - Dec. 21

Your independence is precious to you and that means you are likely to clash with someone who does not believe you should be allowed to have radical opinions.

♑ Capricorn

Dec. 22 - Jan. 20

Remember, no matter how well you do in life and no matter how high up the ladder you climb, there is always someone bigger and badder than you.

♒ Aquarius

Jan. 21 - Feb. 19

Whatever else life may be at the moment, it certainly isn't dull. The Sun in your fellow Air sign of Libra makes even mundane events seem more exciting.

♓ Pisces

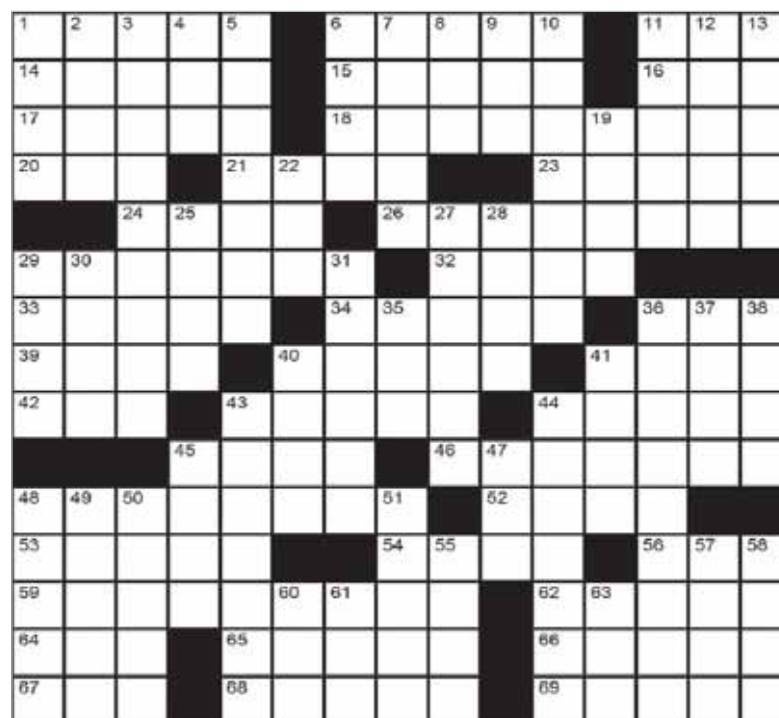
Feb. 20 - March 20

You may not be able to make sense of what is taking place around you. The important thing is that what it is you're trying to do is clear in your mind.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Bite into, puppy-style: 2 wds.
6. Fibre— cable
11. Noncom. officer
14. Irish tune: "Robin —"
15. Raptor's Staples Center competitor
16. Canadian journalist Mr. Velshi
17. Tosca aria: "— d'arte"
18. Manitoba's motto, "— et liber"
20. Hitherto
21. Hillside
23. "Danke —!"
24. Ornamental case
26. 1959: Canada's National Ballet School founding Principal, Betty —
29. Museum bigwig
32. Puccini aria: "— Babbino Caro"
33. Ms. Potts
34. Inert gas
36. —d'Or, Quebec
39. Ms. Vardalos'
40. Potsie's portrayer
41. Canadian restaurant chain known for its breakfast/lunch menu
42. NYSE's 'S', briefly
43. — water
44. Coin toss call!
45. Minstrel's instrument
46. Wet plaster murals
48. "Brick by Boring Brick" band



52. Deep — bend (Gym move)
53. Out on —
54. — sign (Bright advertisement)
56. Simon & Garfunkel's "— Robinson"
59. Lynryd Skynyrd song that goes "All that you need is in

- your soul.": 2 wds.
62. Anticipate
64. — kwon do
65. Strain
66. Cacophonous
67. —enne relative
68. Condemns
69. Classic communication system

Down

1. Village People's "In the —"
2. "Thus with a kiss —" - Romeo
3. Harley —, Toronto-born celebrity fitness motivator
4. Three-toed sloths
5. Canadian magazine about Hollywood

6. Actress Ms. Kurylenko
7. The — Diet ('Cave-man' diet)
8. Boxing stat.
9. Occupational suffix
10. Mr. Glover
11. Bird in Disney's animation of Peter and the Wolf

12. Physics Class: Particular particle
13. Dainty denial
19. Eight: Spanish
22. "Notorious" (1946) setting
25. Cocktails, Mai —
27. Depart the Web: 2 wds.
28. "— next!" (Performer's exclamation)
29. Coke containers
30. Division
31. New York —, Mark Messier, once
35. '70s record label
36. Telephone message: 2 wds.
37. Janis' comics co-star
38. Scottish miss
40. Prefix to 'matic'
41. Shell
43. Topsy-turvy
44. Canadian ballet legend Veronica
45. Nightstand item
47. Classic lettered movie studio
48. Tomato —
49. Old Jennifer Garner series
50. Singer LeAnn
51. Supply weapons
55. Specialized doctors, e.g.
57. Stand
58. "Renegade" rockers
60. Prefix meaning 'Outer'
61. My own, in Latin
63. Tribulation

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

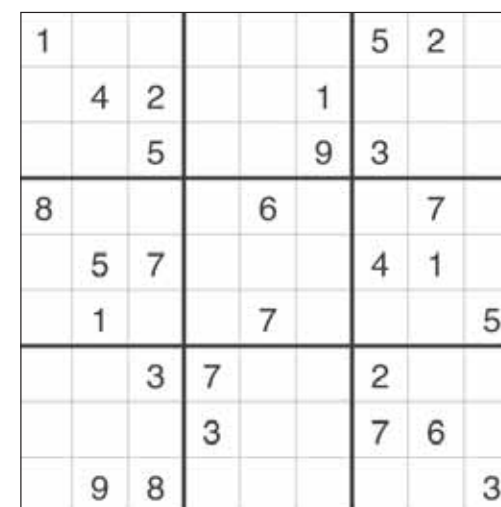


Sudoku

How to play

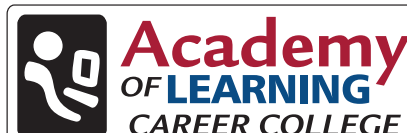
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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